

## Genetic Counseling Resources

### Associated with Comprehensive Sickle Cell & Hemoglobinopathy Centers

Sheila Neier, MS  
Children's Hospital and Medical Center  
Odessa Brown Children's Clinic  
2101 E. Yesler Way  
**Seattle**, WA 98122  
Message: (206) 987-7290  
Appointment: (206) 987-7232 (Carol Flanagan)

Melanie Ito, MD, MS, CGC  
Columbia Health Center  
4400 - 37th South  
**Seattle**, WA 98118  
Phone: (206) 296-4650

Roger Fick, MS, CGC  
Mary Bridge Children's Hospital & Health Center  
P.O. Box 5299  
**Tacoma**, WA 98415-0299  
Phone: (253) 403-3476

### Prenatal Genetics Clinics (For pregnant women only)

Kathleen Hayes, MS, CGC  
Juliana VonSchindell, MS  
Evergreen Hospital  
Maternal-Fetal Medicine  
12040 NE 128th Street  
**Kirkland**, WA 98034  
Phone: (425) 899-2200

Robert Resta, MS, CGC  
Amy Gonzales, MS  
Sandra Coe, MS, CGC  
Vicki Binns, MS, CGC  
Nancy Hsu, MS, CGC  
Deborah Dunne, MS, CGC  
Perinatal Medicine  
Swedish Medical Center  
747 Broadway  
**Seattle**, WA 98122-4307  
Phone: (206) 386-2101

Stefanie Uhrich, MS, CGC  
Leslie Carpenter, MS  
Linda Knight, MS  
Prenatal Genetics and Fetal Therapy  
University of Washington  
Box 356159  
**Seattle**, WA 98195  
Phone: (206) 598-8130

Gail Hammer, MS, CGC  
Obstetrix Medical Group of Washington, Inc. P.S.  
314 Martin Luther King Jr. Way, Suite 402  
**Tacoma**, WA 98405  
Phone: (253) 552-1037

### General Genetics Clinics

Kathy Leppig, MD, MS, CGC  
Lael McAuliffe, MS, CGC  
Ute Ochs, MD  
Group Health Cooperative  
Group Health University Center  
4225 Roosevelt Way NE  
**Seattle**, WA 98105  
Phone: (206) 634-4036  
*Services limited to Group Health members*

Robin Bennett, MS, CGC  
Whitney Neufeld-Kaiser, MS, CGC  
Corinne Smith, MS, CGC  
University of Washington Medical Center  
Medical Genetics, Box 357720  
1959 NE Pacific Street  
**Seattle**, WA 98195-7720  
Phone: (206) 616-2135

Justine Coppinger, MS, CGC  
Lael Hinds, MS, CGC  
Kathi Marymee, MS, CGC  
Inland Northwest Genetics Clinic  
2607 Southeast Blvd #A100  
**Spokane**, WA 99223  
Phone: (509) 535-2278

Sarah Hall, MS  
Madigan Army Medical Center  
Developmental Pediatrics  
**Tacoma**, WA 98431-5000  
Phone: (253) 968-2310  
*Services limited to Armed Services personnel and their dependents*

Pat Cooper, PhD, CGC  
Blue Mountain Genetic Counseling  
St. Mary Medical Center  
P.O. Box 1477  
**Walla Walla**, WA 99362  
Phone: (509) 525-1302

Susie Ball, MS, CGC  
Shelly Rudnick, MS, CGC  
Central Washington Genetics Program  
Yakima Valley Memorial Hospital  
2811 Tieton Drive  
**Yakima**, WA 98902  
Phone: (509) 575-8160  
&  
Genetics Program  
Central Washington Hospital  
1201 South Miller  
**Wenatchee**, WA 98801  
Phone: (509) 667-3350

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# Hemoglobin E Trait

Information for parents  
about Hemoglobin E

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### What is hemoglobin?

Hemoglobin is the part of blood that carries oxygen to all parts of the body. The usual type of hemoglobin is called hemoglobin A. Genes that we inherit from our parents determine what type of hemoglobin we have.

### What is hemoglobin E trait?

Hemoglobin E trait means that your child has inherited one gene for the usual hemoglobin (A) from one parent and one gene for hemoglobin E from the other parent. **Hemoglobin E trait is not a disease and does not cause any serious health problems.**

### What if a person has two hemoglobin E genes?

When a child inherits the gene for hemoglobin E from both parents rather than hemoglobin A, the child has homozygous (the same genes for) hemoglobin E. People with homozygous hemoglobin E have no serious health problems, but it may cause a mild anemia (low number of red blood cells).

### Why was my child tested for hemoglobin E?

The Newborn Screening Program screens all infants born in Washington State for certain disorders, including hemoglobin disorders. A small amount of blood was collected from your infant's heel and sent to the State Laboratory for testing. Other abnormal hemoglobin types are also detected.

### If hemoglobin E trait and homozygous hemoglobin E do not cause any health problems, why do I need to know that my child has it?

It is important to know about your child's hemoglobin E status because future children in your family, or other family members, may be at risk for having hemoglobin E-beta thalassemia, a serious disease described on the next page. People with hemoglobin E trait or homozygous hemoglobin E can pass the gene to their children.

### What is hemoglobin E-beta thalassemia?

Your child does not have hemoglobin E-beta thalassemia, but future children and other family members may be at risk for having it. When a person has hemoglobin E-beta thalassemia, they inherit one gene for hemoglobin E from one parent and one gene for "beta thalassemia" (low production of hemoglobin) from the other parent. These two genes together cause a life-threatening disease with no known universal cure. There are some therapies, like blood transfusions, that are necessary to help prevent complications, but hemoglobin E-beta thalassemia is a serious life-long disease requiring medical care.

### What do I do now?

We recommend that you and your partner have testing to determine your hemoglobin status. This would provide you with information on your chances of having a future child with hemoglobin E-beta thalassemia. To have this testing done, talk to your health care provider or one of the genetic counselors listed on the back of this pamphlet. You may also want to share this information with the rest of your family. They may be interested in finding out their hemoglobin status as well.

### What can I do if I have more questions?

If you have more questions, you can talk to your child's health care provider or you can contact the Newborn Screening Program using the information below.

Newborn Screening Program  
1610 NE 150th Street  
Shoreline, WA 98155  
Phone: (206) 361-2902  
Email: [NBS.Prog@doh.wa.gov](mailto:NBS.Prog@doh.wa.gov)  
Internet: [www.doh.wa.gov/nbs](http://www.doh.wa.gov/nbs)

